# A day in the life of a Herzen University IT student

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| **Time** | **Action** |
| 9 a.m. | I wake up, go to the toilet, then to the bathroom to brush my teeth. |
| 9:15 a.m. | I have breakfast. |
| 9:30 a.m. | I prepare for classes. |
| 9:45 a.m. | I study in class, sometimes taking breaks. |
| 1:10 p.m. | I have lunch. |
| 1:30 p.m. | I study one more subject. |
| 3:10 p.m. | I take a break listening to podcasts or music. |
| 4:30 p.m. | I help my parents with household tasks, and then I have afternoon snack. |
| 5 p.m. | I do my homework. |
| 7 p.m. | I have dinner. |
| 7:30 p.m. | I go for a walk. |
| 8:30 p.m. | I continue to do my homework and other personal tasks. |
| 9:30 p.m. | I go to the shower. |
| 10 p.m. | I watch a TV show or movie or read an article or book. |
| 12 a.m. | I go to bed. |